

Multidisciplinary intervention in the treatment of mixed anxiety and depression disorder

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Abstract

Depression and anxiety disorders are one of the main limiting psychopathologies in the world today. This pathology is linked to an inflammatory state and a dysregulation of both neurotransmitters and autonomic nervous system. Various treatments from psychiatric and psychological areas have shown different degrees of efficacy in their treatment, being Cognitive Behavioral Therapy one of the most successful. In addition, various interventions from other areas of knowledge are showing significant improvements in this pathology. This research aimed to analyze the psychological and physiological modifications of a multidisciplinary intervention that combines psychological treatment (Cognitive Behavioral Therapy), physical activity and nutritional intervention in a mixed anxiety and depression disorder (DSM-V). We analyzed modifications in the HAM-D depression, STAI anxiety questionnaire, subjective perceptions of anxiety, happiness, sleep and motivation and the autonomous modulation before and after a 6 multidisciplinary sessions of cognitive behavioral therapy, aerobic physical activity and nutritional intervention in a subject with a mixed anxiety and depression disorder. The results showed a reduction in the values of depression in HAM-D until the classification of non-depression, a reduction in both state and trait anxiety, an increase in the subjective perceptions of sleep, happiness and motivation and a greater parasympathetic modulation after the six intervention sessions. The combination of psychological therapy with aerobic physical activity and nutritional recommendations to treat mixed anxiety and depression disorder produced an increased parasympathetic tone and a decreased anxiety and depression symptoms in six sessions. This is a novel research that allows us to open the study of a new multidisciplinary field in the treatment of this disease that is highly present today.

Keywords: Physical activity, Psychology, Nutrition, Stress, Depression